CLAIMS:

1. A method for simultaneously recording motion and still images, comprising the steps of:

a) capturing a motion image sequence and accompanying audio of a scene with a digital video camera adapted to record both low resolution motion image sequences and high resolution still images;

b) simultaneously capturing a still image sequence having full resolution images and lower frame rate than the motion capture sequence;

c) compressing the motion image sequence using interframe compression and the accompanying audio and storing the compressed motion image sequences and audio data; and

d) compressing the still images using intraframe coding and storing the compressed still image data.

2. A digital motion/still camera comprising:

a) an image sensor for providing a sequence of image frames;

b) means for providing a repeating sequence of full resolution image frames regularly interspersed between reduced resolution image frames;

c) a first image buffer for storing at least one full resolution frame of pixel values;

d) a second image buffer for storing a plurality of reduced resolution frames of pixel values; and

e) a digital recorder coupled to the first and second image buffers for storing a repeating sequence of full and reduced resolution frames of pixel values.

3. The digital motion/still camera of claim 2, wherein the repeating sequence has a single full resolution frame followed by a plurality of low resolution frames.

4. The digital motion/still camera of claim 2, wherein the full resolution image is stored using a low resolution component stored as part of a motion sequence, and a full resolution component.

5. The digital motion/still camera of claim 2, wherein the apparatus further includes a processor coupled to the first image memory, that processes the stored full resolution frames prior to recording, and produces from a full resolution image frame both a low resolution frame and a high resolution image frame.

6. The digital motion/still camera of claim 5, wherein the processing period for the still image is longer than the capture frame period.

7. The digital motion/still camera of claim 6, wherein the processor also processes the reduced resolution frames in a processing period that is shorter than the capture frame period.

8. The digital motion/still camera of claim 2, further comprising a control for allowing the operator to set the number of full resolution frames to be captured per second.